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(54) Title: METHOD OF TREATING OR PREVENTING OBEISITY AND LIPID METABOLISM DISORDERS AND COMPO-  
SITIONS FOR USE THEREIN

(57) Abstract: The present invention provides a method of preventing or treating human obesity, said method comprising ingesting  
a composition containing, calculated on dry matter: 10-100 wt.% protein hydrolysate; 0-90 wt.% intact protein; 0-50 wt.% carbohy-  
drate; and wherein hydrolysed protein and intact protein together are present in a concentration (w/w) that exceeds the carbohydrate  
concentration (w/w). The invention also encompasses the use of the same composition in a method of preventing or treating lipid  
metabolism disorders and in a method for improving body appearance. Other aspects of the invention relate to nutritional beverages,  
snacks and soups that can advantageously be employed in accordance with the aforementioned methods.



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